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ABSTRACT

Completion of a course in cardiopulmonary resuscitation (CPR) is required for graduation from high school in Louisiana. This bulletin presents the guidelines for a course in CPR and was prepared with the cooperation of the American Red Cross (ARC) and the American Heart Association (AHA). At the conclusion of the course, students will be prepared to: (1) describe ways to take care of the heart, as well as the risk factors of cardiovascular disease; (2) identify the early warning signs of a heart attack and the need for emergency medical service; (3) perform one-rescuer CPR correctly; (4) demonstrate removal of airway obstruction for conscious and unconscious victims. Information on requirements for teacher certification for CPR instruction is given. Included also are course outlines provided by the ARC and AHA as guides to teachers in developing the CPR program. Suggestions are given for materials and equipment needed for the course and texts and other resources are cited. (JD)

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STATE OF LOUISIANA
DEPARTMENT OF EDUCATION

GUIDELINES FOR CPR TRAINING
IN
LOUISIANA SCHOOLS

BULLETIN NO. 1638

JULY, 1981

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J. KELLY NIX
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SP 019 473

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GUIDELINES FOR CPR TRAINING IN LOUISIANA SCHOOLS

As a result of increased interest in cardiopulmonary resuscitation (CPR), education programs are on the rise throughout the country. Nationally, the American Red Cross and the American Heart Association have promoted programs for business and industry, hospitals, emergency medical teams, interested citizens and other groups.

Reflecting this growing interest in CPR, in September of 1978 the Board of Elementary and Secondary Education approved for final adoption an amendment to Bulletin 741, the Louisiana Handbook For School Administrators. Page 14 (see Appendix A), Paragraph under "Health and Physical Education" was amended to read

> "Each required unit must include 30 hours of Health Instruction. Health and Physical Education shall include instruction in Cardio Pulmonary Resuscitation (CPR)." Effective September 1980.

With CPR instruction a required part of the curriculum in Louisiana schools the following guidelines were developed to assist local school districts in implementation of CPR instruction. The guidelines were developed by the Supervisors of Health and Physical Education of The State Department of Education, The American Heart Association and The American Red Cross.

GUIDELINES

OBJECTIVES OF THE PROGRAM

At the conclusion of the program, the student will:

1. Describe ways to take care of the heart, as well as the risk factors of cardiovascular disease.
2. Identify the early warning signs of a heart attack and the need for emergency medical system;
*3. Perform one-rescuer CPR correctly.
*4. Demonstrate removal of airway obstruction for conscious and unconscious victims.

*Required as part of minumum performance objectives in the Louisiana Comprehensive Health Education Curriculum Guide.

TEACHER CERTIFICATION

Teachers who provide the instruction of CPR must be certified by AHA or ARC in order to use their materials and to certify students. These organizations will provide Instructor training sessions to certify personnel in recommended procedures and no school system should attempt to initiate a program without the cooperation, support, and certification with either the American Red Cross or the American Heart Association. Proper certification is important and special attention to this prerequisite for teaching CPR should be noted.

Minimum time required for teacher certification through the AHA or the ARC is 10 hours.

TEACHER RE-CERTIFICATION REQUIREMENTS

AMERICAN HEART ASSOCIATION

1. Teach 2 classes within one year from date of Certification each year.
2. Submit Class Roster to local Heart Association and issue certificate cards to students.

RED CROSS

1. Teach at least one full length (7 Units) CPR course during period of authorization (in addition to RACE courses that may have been taught).
2. Submit course record to local ARC chapter and issue certificates to students.

STUDENT REQUIREMENTS/RECOMMENDED TIME

It is recommended that CPR be included in Health and Physical Education I and that 5 to 7 class periods of the 30 hours required in Health be devoted to this initial instructional period. Bulletin 741 recommends the ninth grade as the time when Health and Physical Education I should be taught.

For Health and Physical Education II it is recommended that a review of CPR for no more than 5 class periods be included in the required Health instruction time.

A student would be expected to participate in the initial course in Health and Physical Education I before participating in the review course in Health and Physical Education II.

Students may receive certification or participatory cards, depending upon the requirements met in the designated instructional class. (See Appendix B)

COURSE COUTLINE

The following suggested course outlines were provided by the ARC and the AHA as a guide to help teachers in developing the CPR Program in their schools.

AMERICAN RED CROSS

Design Goals

Lessons in this course are designed to be somewhat independent of one another through coverage in the workbook in a reasonably short time, leaving the majority of the scheduled time devoted to practice and testing on manikins.

Workbooks

The Workbook contains illustrations, text and frequent practice questions with correct answers given on the following page. Students of average reading ability who work carefully will be able to answer most workbook questions and perform well on final tests. Most poor readers, given ample time and motivation, will also be successful.

Instructors' Role

1. Help students in practice sessions
2. Give skill performance check outs
3. Give individual and small group instruction when needed
4. Conduct final tests, insure record keeping for certification, and arrange for retesting as needed.
5. Assume responsibility for proper maintenance and hygenic cleanliness of the manikins.
6. Train student aide to assist in testing (Training plan provided)

Suggested Course Outline from Instructor Manual (321245)

Includes:
- Mouth to Mouth Breathing
- One-rescuer CPR
- Care of choking victim who is conscious
- Care of choking victim who is unconscious

Introduction - Distribution of course materials; description of class schedule; etc. reading of Workbook Unit #1, Artificial Respiration

Includes:
- Determination of condition of victim
- Cause of respiratory failure
- Steps for successful artificial respiration
- Preparation for manikin practice

Manikin Practice Unit #1

Mouth to Mouth breathing

Includes:
- "A Quick Check"
- Artificial Respiration
- Testing

Reading of Workbook Unit #2

Includes:
- How CPR works

- Proper positions and rates
- How to determine if procedure has been successful
- Preparation for manikin practice

Manikin Practice Unit #2
One-Rescuer CPR

Includes:
- Locating proper positions
- Proper rates and checking progress
- Testing

Reading of Workbook Unit #4

Care for a choking victim who is conscious

Includes:
- Determination of need and extent of problem
- Proper position for back blows and abdominal thrusts
- Care of pregnant victim
- Preparation for practice session

Student Practice Unit #4
Care for a choking victim who is conscious

Includes:
- Prevention of injury to student victims
- Role play and practice giving back blows and abdominal thrust
- Testing

Reading Workbook Unit #5

Care for a choking victim who is unconscious

Includes:
- Proper positions for checking to determine victim's condition
- Proper position for back blows and abdominal thrusts
- Clearing mouth and other difficulties
- Preparation for practice session

Student Practice Unit #5
Care for a choking victim who is unconscious

Includes:
- Prevention of injury to student victims
- Proper sequence of back blows, abdominal thrusts, finger probe, and attempted ventilation
- Testing

Final Testing
- Test (Form A) in workbook for units 1,2.4,5.(Optional Test- Form B)
- 45 multiple choice questions
- May be given orally or written

Certification - Race for Life Certificate

Based on successful performance in practice sessions and final written test covering workbook units 1 and 2 only

AMERICAN HEART ASSOCIATION

SECTION I

A. Instruction
   1. Problem of sudden death
   2. Introduction of instructor and assistants
   3. Trainee expectations
   4. Objectives
   5. Need to know
   6. Students may introduce themselves or briefly tell what they know of CPR
   7. Nature of problem

B. Normal Heart and Lung Anatomy and Function
   1. Anatomy of Heart
   2. Function of Heart
   3. Anatomy of Lungs
   4. Function of Lungs

C. Heart Attack
   1. Common Disease
   2. Cholesterol
   3. Generalized Disease
   4. Process
   5. Stages of Disease

D. Conditions - Heart Attack
   1. Association
   2. Blood Vessel Disease
   3. Major Risk Factors
   4. Multiple Risk Factors
   5. Other Risk Factors

E. Measures of Approach

F. Measures of Prevention
   1. Prudent Heart Living
   2. Risk Factor Modification

G. What To Do
   1. Signals and Action
   2. Introduction to CPR

SECTION II

A. When Breathing Stops

B. When Heart Stops

SECTION III

A. Manikin Practice

B. Manikin Certification, Single Rescuer CPR and Infant Resuscitation (Optional).

SECTION IV

A. Review

1. Course Topics

2. Limitations

3. Comprehensive CPR Course

MATERIALS AND EQUIPMENT NEEDED

1. Maniquins - Suggestions based on a class of 30 students.
   a. 1 Maniquin for every 10 students (minimum).
   b. 1 Maniquin for every 5 students (recommended).
2. Cleaning Maniquins:

GUIDELINES

1. Considerations prior to the purchase of training manikins should definitely include a thorough examination of the manufacturers' recommendations and provisions for sanitary practices.
2. Students should be advised that the training session will include procedures that constitute "close physical contact" with their fellow students.
3. Students should not participate in training sessions if they have current weeping dermatologic lesions on hands or in oral or circumoral areas. Persons who are known to be seropositive for hepatitis B surface antigen (HBsAg) should not participate actively in a training session. Also, obviously, persons with upper respiratory disease should not participate in training sessions.
4. If more than 1 CPR manikin is used in a particular training class, students should be assigned in pairs with each pair having contact with only 1 manikin. This would limit the possible contamination of several manikins by 1 individual and therefore limit possible exposures of other class members.
5. All persons responsible for CPR training should be thoroughly familiar with sanitary concepts and the cleaning and maintenance of the manikins and accessories. Manikins should be routinely inspected for physical deterioration such as cracks or tears in plastic surfaces; such damage makes thorough cleaning almost impossible. The clothes and hair of manikins should be washed periodically, e.g. on a monthly routine or whenever visibly soiled.
6. At the end of each class, the following procedures should be conducted immediately:
   a. Completely disassemble manikin head.
   b. Thoroughly wash all external and internal surfaces (also reusable protective face shields) with warm soapy water and brushes.
   c. Rinse all surfaces with fresh water.
   d. Wet all surfaces with 0.5% sodium hypochlorite solution for 10 min. (use 1 part household hold liquid bleach to 9 parts water; this solution must be made fresh at each class and discarded after each use).
   e. Rinse with fresh water and dry all surfaces with clean absorbent material.
7. Between students during a training class, the following procedures should be used:
   a. Use individual protective face shields if available.
   b. Between students (or after instructor demonstration of airway obstruction clearing for instance), vigorously wipe the manikin face and inside the mouth with clean absorbent material wet with either the hypochlorite solution described in (6) above or 70% isopropyl alcohol. The surfaces should remain wet for at least 30 sec. before wiping dry with a second piece of clean absorbent material. Use fresh absorbent material for each student.

      We are somewhat reluctant to recommend use of alcohol in this instance and do so only as an alternative since some persons find the odor of hypochlorite extremely objectionable. Although highly bactericidal, alcohols are not considered to be effective against hepatitis B virus, and use of alcohols here is recommended primarily as an aid in mechanical cleaning; in a short contact period, alcohols also may not be effective against bacterial or other pathogens. Nonetheless, in the context of vigorous cleaning with alcohol and absorbent material, little viable microbial contamination of any kind is likely after the cleaning procedure.
8. Persons responsible for the use and maintenance of CPR manikins should be encouraged not to rely totally on the mere presence of a disinfectant product to protect them and their students from cross-infection during training programs. Emphasis should be placed on the necessity of thorough physical cleaning (scrubbing, wiping) as the first step in an effective decontamination protocol. We have shown that HBsAg contamination is easily removed from smooth, nonporous surfaces using disposable cleaning cloths moistened with a detergent solution. There is no evidence that a soaking procedure alone in any liquid is as effective as the same procedure accompanied by mechanical scrubbing.

Center for Disease Control
Bureau of Epidemiology
Hepatitis Laboratories Division
4402 North Seventh Street
Phoenix, Arizona 85014

3. Texts

AMERICAN HEART ASSOCIATION

1. Heart Savers Guide for Students
2. Heart Savers Guide for Teachers
3. Basic Life Support instructor manual

AMERICAN RED CROSS

1. Red Cross CPR Module, Respiratory and Circulatory Emergencies Instructor manual (# 321245)
2. Workbook - Red Cross CPR Module, Respiratory and Circulatory Emergencies (# 321113) - contains 8 units and final test
3. Workbook - Red Cross First Aid Module, CPR: Race for Life (# 331294) contains 3 units and final test
4. Certification and Participatory Cards - available through The American Red Cross and The American Heart Association (Appendix B).
5. Visual Aids

AMERICAN HEART ASSOCIATION

1. CPR - For the Sake of Life (30 minutes-teaching)
2. New Revised Pulse of Life - (Pyramid Films)

AMERICAN RED CROSS

1. Illustrations in workbook- Red Cross CPR Module, Respiratory and Circulatory Emergencies (# 32113)
2. Illustrations in workbook- Red Cross First Aid Module, CPR: Race for Life (# 321294)
3. When Breathing Stops, Artificial Respiration - Poster (P 1002)
4. First Aid for Choking - Poster (P 1030)
5. CPR Saves Lives - Poster (P 1027)
6. CPR, You Can Learn - Poster (321065)
7. CPR - Flyer (321064)
8. CPR - Wallet Card (321066)
9. Artificial Respiration and First Aid for Choking - (321536) 16 MM Red Cross Film (6:35)
10. Their Finest Hour - (321528) 16 MM Red Cross Film (27:14)

LEGALITY OF CPR

The following information is given from the Louisiana Civil Code as to the gratuitous services at the scene of an emergency;

CODE TITLE V—OF QUASI CONTRACTS, AND OF OFFENSES AND QUASI OFFENSES

CHAPTER 2. OF OFFENSES AND QUASI OFFENSES

§ 2793. Gratuitous service at scene of emergency; limitation on liability

A. No person who in good faith gratuitously renders emergency care, first aid or rescue at the scene of an emergency, or moves a person receiving such care, first aid or rescue to a hospital or other place of medical care shall be liable for any civil damages as a result of any act or omission in rendering the care or services or as a result of any act or failure to act to provide or arrange for further medical treatment or care for the person involved in the said emergency; provided, however, such care or services or transportation shall not be considered gratuitous, and this Section shall not apply when rendered incidental to a business relationship, including but not limited to that of employer-employee, existing between the person rendering such care or service or transportation and the person receiving the same, or when incidental to a business relationship existing between the employer or principal of the person rendering such care, service or transportation and the employer or principal of the person receiving such care, service or transportation. This Section shall not exempt from liability those individuals who intentionally or by grossly negligent acts or omissions cause damages to another individual.

B. The immunity herein granted shall be personal to the individual rendering such care or service or furnishing such transportation and shall not inure to the benefit of any employer or other person legally responsible for the acts or omissions of such individual, nor shall it inure to the benefit of any insurer.

Added by Acts 1975, No. 600, § 1.

Law Review Commentaries
Recent medical malpractice legislation —a first checkup. 50 Tulane L.Rev. 655 (1976).

Library References
Negligence ⇐8.
C.J.S. Negligence §§ 12, 63(103) et seq.

RESOURCES

1. American Heart Association - Louisiana, Inc.
   3303 Tulane Avenue
   New Orleans, Louisiana 70179
   504/827-1644

2. American Red Cross - Louisiana Division
   1523 St. Charles Avenue
   New Orleans, Louisiana 70130
   504/586-8191 "Safety Services"

3. Louisiana Department of Education
   Health and Physical Education
   P.O. Box 44064
   Baton Rouge, Louisiana 70804

4. Additional Resources for consideration

   a. Local Health Unit

   b. Emergency Medical Services Councils of Louisiana

   c. University Department of Health and Physical Education

   d. Police and Fire Departments

   e. Rescue and Ambulance Services

   f. Local Industries and Civic Clubs

   g. Hospitals

   h. Local American Red Cross Chapters

   i. Local American Heart Associations Area Offices

APPENDIX A

REQUIREMENTS FOR HIGH SCHOOL GRADUATION

The units required for graduation shall include the following:

ENGLISH	4 units *

Three of the four units must be selected from English I, II, III, or IV. The fourth unit may be the remaining unit in English or a speech or journalism courses. A course may be developed at the local level to be used as the fourth required unit. It must be approved by the State Department of Education and may be derived from needs of students as determined by the state literacy assessment, needs assessment or mimimum competency program. (A course in basic reading may be offered as an elective to enable students who need it to take the four English units required. However, it will not count as one of the four required units in English.)

FREE ENTERPRISE	½ unit
HEALTH AND PHYSICAL EDUCATION	2 units

Each required unit must include 30 hours of health instruction. Health and Physical Education shall include instruction in Cardiopulmonary Resuscitation (CPR). (Effective September 1980)

MATHEMATICS	3 units*

A course may be developed at the local level to be used as one of the required units. It must be approved by the State Department of Education and may be derived from needs of students as determined by the state literacy assessment, needs assessment or minimum competency program.

SCIENCE	2 units
SOCIAL STUDIES	2 units

Two units in social studies shall be required. One unit must be in American History; and one unit must be civics or an equivalent course in citizenship education as approved by the State Department of Education.

Total required	13½ units*
ELECTIVES	8½ units
Total required for graduation	22 units*

*These requirements apply to students entering the ninth grade in the 1979-80 year.

APPENDIX B

AMERICAN HEART ASSOCIATION
CARDIOPULMONARY RESUSCITATION
AND
EMERGENCY CARDIAC CARE
This certifies that

has successfully completed the national cognitive and performance examinations in accordance with the Standards of the American Heart Association for

HEARTSAVER

Date of Issue

Date of Expiration

Name of Heart Association American Heart Assn. - La., Inc.

Heart Assn. Representative

Instructor's Name
SS#

Holder's Signature

This certification is subject to the provisions and limitations of applicable state statutes and is revocable at its

Printed by the American Heart Association Communications Division
78-003-B
78-700M
8-79-1½ MM

AMERICAN HEART ASSOCIATION-LOUISIANA, INC.

HAS ATTENDED AN EDUCATIONAL PROGRAM
IN
CLOSED CHEST CARDIOPULMONARY RESUSCITATION

Chairman

American Red Cross

This is to certify that

has completed the one-rescuer–adult-victim CARDIOPULMONARY RESUSCITATION RACE for LIFE course conducted at

Date course completed

Chairman, American Red Cross

NOTE. The person certified has completed the RACE for LIFE course for one-rescuer–adult-victim cardiopulmonary resuscitation. Training is valid for one year from the course completion date.

Name of Chapter
Chapter Representative
Instructor
Holder's Signature

The Red Cross does not charge or receive fees for instruction.

8-42-42

Cert. 1747 (Rev. 7-80)